



Smith County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Smith County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Smith County School System that includes:

- School Health Advisory Committee

- Eight Healthy School Teams

- School Health Policies strengthened or approved include a healthy school environment and mental health policy

- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$339,108.45.

Community partnerships have been formed to address school health issues. Current partners include:

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|-------------------------------|---------------------------------|
| ➤ Smith County Help Center | ➤ Local vendors and businesses |
| ➤ Backpack Program | ➤ Community members |
| ➤ Smith County Health | ➤ Local Providers |
| ➤ Department | ➤ RPMC |
| ➤ Smith County Health Council | ➤ Genesis House |
| ➤ Smith County Government | ➤ Local newspaper |
| ➤ PFG | ➤ Poindexter Realty and Auction |
| ➤ Crackerbarrel | ➤ Nestle Water |
| ➤ Sav-Way | ➤ Special Education Department |
| ➤ Wal-Mart | ➤ Chamber of Commerce |
| ➤ National Guard Armory | ➤ Smith County Government |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include County Wide Field Day, CPAC, CSH volunteers and the backpack program. Currently, 883 parents are collaborating with CSH.

Students have been engaged in CSH activities that include education programs and projects, County Wide Field day, Healthy School Teams, and a fresh fruit and vegetable challenge. Approximately 281 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Smith County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 5,362 students screened and 903 students referred;

Students have been seen by a school nurse and returned to class – 238 students were seen by a school nurse and 170 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 2008/09 – 46% overweight 27% obese 2009/10 – 46% overweight, 25% obese 2010/11 5% overweight, 27% obese. Data is collected on one group every other year;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Wii all accessories, playground equipment, x-box, curriculum, climbing walls, and volleyball standards;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include CPR First Aid, PREPARE, emergency management, nutrition, health education, asthma, diabetes education, TAHPERD Conference, RHAT Conference, CSS training, physical education, and wellness in-service;

School faculty and staff have received support for their own well-being through yearly employee screenings and education.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Take 10! and Michigan Model curricula;
- Physical Education/Physical Activity Interventions – new equipment purchased and a county wide field day;
- Nutrition Interventions – fresh fruit and vegetable challenge;
- Mental Health/Behavioral Health Interventions – mental health teams, MOU's, and the mental health policy strengthened.

Additional strengths include an employee recognition program as well as increased parent participation in the CSH program.

In such a short time, CSH in the Smith County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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